

Boston's Age Strong Commission

Weekly Digest

November 22-28, 2021

Information & opportunities for Boston's older adults



Welcome to Boston's New Mayor

Michelle Wu

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Important Reminder

2021 Medicare Annual Enrollment Period

Dates and deadlines you need to know



OCT

Annual Enrollment
Period **BEGINS**

This is the first day
you can enroll for
2022 coverage.



DEC

Annual Enrollment
Period **ENDS**

This is the last day
you can enroll for
2022 coverage.



JAN

First date coverage
can **START**

Even if you enroll in December 2021,
your new Medicare plan won't go
into effect until Jan. 1, 2022.

Call Boston's Age Strong Commission to make an appointment with an advocate to see if you have the best plan at the least cost.

**Stay Connected
to Age Strong:**

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366

agestrong@boston.gov
boston.gov/agestrong



[@AgeStrongBos](#)

AGE+



City of Boston
Age Strong
Commission



MONDAY, NOVEMBER 22

9:30am

Age Strong Commission Virtual Chair Yoga

Click [here](#) to attend via Zoom.

11am

Age Strong Commission Virtual Zumba

Click [here](#) to attend via Zoom.

6pm

BPL: Onward: Votes for Women

A documentary play celebrating Women's Suffrage

Click [here](#) for free tickets & for more information.

TUESDAY, NOVEMBER 23

10:30am

BPL Virtual: Career Skills: Job Seeker's Discussion Group

Click [here](#) to register & for more information

11am-6pm (through 11/23)

Copley Square Farmers Market

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

Age Strong Commission Virtual Latin Dance

Click [here](#) to attend via Zoom.

WEDNESDAY, NOVEMBER 24

11:30am

Age Strong Commission Virtual Yoga

Click [here](#) to attend via Zoom.

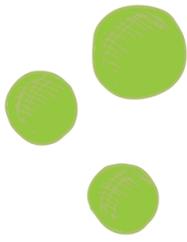
3pm

BPL Virtual: Shelf Service Live

Personalized Reading Recommendations from BPL Librarians

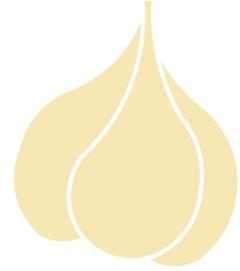
Click [here](#) to register & for more information.

THURSDAY, NOVEMBER 25 THANKSGIVING DAY

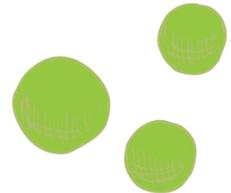


CENTRAL SQUARE
ROXBURY
DORCHESTER

NONPROFIT COMMUNITY GROCERY STORE



FREE TUES NOV 23 NOON-6PM PRODUCE DAY!



\$15 free produce limit per customer. Customers must check out at the register and scan coupon. Stores are open regular hours 9am - 8pm. Please respect social distancing and store capacity limits.

Made possible thanks to generous support from:



SNAP SHOPPERS: GET A \$10 GIFT CARD!

Sign up to take our SNAP/Double Up Food Bucks Survey:



Visit: <https://bit.ly/2YMWf9r> or scan the QR code to sign up

FRIDAY, NOVEMBER 26

10am-12pm

BPL: Virtual: Virtual Drop-in Office

Hours: Legal Services Center

Click [here](#) to register & for more information.

11am-6pm

Copley Square Farmers Market

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

Age Strong Commission

Virtual Meditation

Click [here](#) to join via Zoom.

4pm

BPL: Virtual: Friday Unwind

Gentle Yoga with

Hands to Heart Center

Click [here](#) for more information.

SATURDAY, NOVEMBER 27

9am-1:30pm (through November)

Roslindale Farmers Market

Adams Park

4225 Washington Street, Roslindale

Click [here](#) for more information.



9am-12noon (through November)

Fields Corner Farmers Market

500 Geneva Avenue, Dorchester

Click [here](#) for more information.

4pm

Holiday Ship Lightning in Martin's Park

64 Sleeper Street, South Boston

Click [here](#) for more information.

SUNDAY, NOVEMBER 28

9am-12noon (through November)

Leaf & Yard Waste Drop-Off

500 American Legion Highway, Mattapan

Click [here](#) for more information.

ARE YOU HAVING A TOUGH TIME PAYING YOUR MORTGAGE? WE CAN HELP.



The Boston Home Center offers
Foreclosure Prevention and
Intervention Counseling and
Home Preservation Services.

Our services are free and confidential.

CALL 617-635-4663 OR EMAIL
HOMECENTER@BOSTON.GOV
FOR ASSISTANCE.



FIGHT THE FLU IN BOSTON



Everyone six months and older should get the flu vaccine.

If you do not have health insurance, call the Mayor's Health Line at (617) 534-5050 or toll-free at (800) 847-0710. BPHC will be offering vouchers for free flu vaccines to uninsured or underinsured adults. If you have questions about the flu call the Infectious Disease Bureau at (617) 534-5611.

We are here to help! All calls are free and confidential.



BECOME AN AGE STRONG RSVP VOLUNTEER!

Are you interested in serving your community in a way that suits your schedule, skills, and interest? Serve as an AmeriCorps Seniors volunteer in our RSVP program. AmeriCorps Senior volunteers report better health & longevity having served their neighbors & community.

To sign up, contact

Age Strong at 617-635-4366 or
email agestrong@boston.gov.



ROSLINDALE BRANCH LIBRARY Ribbon-Cutting Ceremony

**SAVE THE DATE:
SATURDAY MORNING,
DECEMBER 4**

Roslindale Branch of the
Boston Public Library
4246 Washington St., Roslindale, MA 02131

Masks are required inside the building





Are you in need of a companion?

The Age Strong Commission's AmeriCorps Senior Companion Volunteers are trained & ready to help. Senior Companions serve as a friend/companion one-on-one in an older adult & home. They provide assistance & friendship to older adults who have difficulty with daily living tasks. To learn more about our Senior Companion program click [here](#).



Age Strong Shuttle

Did you know Boston's older adults qualify for free rides on the Age Strong Shuttle?

We offer free wheelchair-accessible transportation to non-emergency doctor appointments. Call 617-635-3000 for more information.



Become a part of the Age Strong team!

Interested in working for Age Strong? We are hiring! Work with a great team advocating for Boston's older adults.

Check out our new career opportunities page to learn more [here](#).



Holiday Lights Events

The official holiday season kick-off in Boston includes the lighting of the City of Boston's official Christmas tree in the Boston Common, the annual Trellis lighting in the North End, and more!

Call the Boston Parks and Recreations Department at 617-635-4505 or visit [boston.gov/parks](https://www.boston.gov/parks) to learn more.

